

# Grilled Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20426
<b>School:</b>	Union Township Middle School/Wheeler High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
BUTTER PRINT UNSLTD GRD AA	1/2 Tablespoon		299405
Land O Lakes® 50% Reduced Fat American Cheese Slices	4 slices		499789

## Preparation Instructions

Spread 1/4 Tablespoon of margarine on bottom slice of bread, add 4 slices of cheese, top with another slice of bread, spread another 1/4 Tablespoon of margarine on top slice of bread. Bake

Updated 1.13.25

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	750.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 381.50mg	<b>Iron</b> 2.20mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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No 100g Conversion Available

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